Evergreen

Evergreen, Nov. 26.- Maesie Hamilton Circle met in the home of Mrs. Z. E. Cheatham Thursday night.

Mr. and Mrs. J. C. Staples visited her daughter and family, Mrs. Sam White, of Lynchburg last week.

Mr. and Mrs. Lewis Harvey and family spent the week-end with their parents, Mr. and Mrs. E. L. Harvey and Mr. and Mrs. Floyd Austin.

Mr. and Mrs. Joshua Moon and family, of Spout Spring, visited Mr. and Mrs. Jesse Franklin and family recently.

Mr. and Mrs. James Paulette and daughter were dinner guests of Mr. and Mrs. W. C. Paulette Sunday.

A large number attended the mission study course on Africa here last week.

Mr. and Mrs. Joe E. Paulette and daughter, Anne, of Madison Heights were dinner guests Thursday evening with his mother, Mrs. O. C. Paulette.

A number of children have been absent from school with flu.

Mr. Cliff Crute, of Charlotte C. H. visited Mr. M. L. Hudson last Sunday.

Mr. and Mrs. David Garrette, of Alexandria spent the week-end with her parents, Mr. and Mrs. W. E. Warriner.

Mr. and Mrs. Herbert Harrup, of Jarrett visited Mr. and rMs. J. A. Young last week.

Mr. and Mrs. John Rush and daughter, Jane Grey, of Kenbridge spent the week-end in the home of Mr. and Mrs. David Paulette and family.

Pamplin

Pamplin, Nov. 25.- The school served the Pamplin Chapter, Order of Eastern Star at their annual banquet Friday night. There was a large attendance of members and guests.

Week-end visitors in the home of Mrs. H. T. Terry were Mr. and Mrs. P. A. Robinson and children, of Charlotte Court House, Mr. and Mrs. J. B. Terry and children, of Appomattox; and Mr. H. T. Terry, Jr., of New Jersey.

Mrs. J. W. D. Canada spent several days last week with relatives in Lynchburg.

Mr. and Mrs. E. F. Davis and son, Harry visited in the home of Mr. and Mrs. K. L. McClenny Saturday.

Mr. and Mrs. Herbert Richardson and children, of Oakville were Sunday visitors in the home of his parents, Mr. and Mrs. R. W. Richardson.

Mr. and Mrs. E. B. Davis and daughter, Kathy, spent the week-end with her parents, Mr. and Mrs. W. S. Wayne, of Phenix.

Mrs. Lillie Gill and Mrs. Edward Wilson, of Richmond were week-end guests in the home of Mr. and Mrs. E. N. Cunningham.

Mr. and Mrs. O. H. Tolley and family were dinner guests of Mr. and Mrs. J. H. Rosser Sunday.

Mrs. Edna Williams and daughter, Jane were week-end visitors in the home of Dr. and Mrs. Finnegan, of Baltimore.

Mr. and Mrs. Henry Covington of Hixburg were Sunday visitors in the home of Mr. and Mrs. J. H. Rosser.

The P.T. A. met Monday night in the school auditorium.

NINE DIE IN CRASH

Waller, Texas.- Nine persons, eight of whom were passengers in one car, were killed when two cars smashed together, throwing all the victims but a 6-weeks-old infant, from the twisted wreckage of the almost demolished automobiles. Four of the dead were children and seven of the victims were killed instantly. The driver of the other car, was driving alone in his car.

The U. S. threat to halt aid is shock to Yugoslav people.

Play safe—drive carefully.

Health and Beauty

Doctors who have studied the subject tell us that a person usually becomes an alcoholic long before he, or society, knows he is one. They further tell us that the greatest contributing cause of alcoholism is the social acceptance of alcohol which is common today.

An alcoholic is any person who relies on alcohol to meet the ordinary demands of life. An alcoholic will continue to drink excessively even after alcohol has caused him marital or occupational difficulty.

A person can be an alcoholic whether he drinks only in the evening or all day long — he can be in a crowd or alone during his drinking. An alcoholic may refuse to touch whiskey and drink only beer. There are others who drink only wine.

You are over susceptible to alcohol if you feel the need of a drink under stress of any kind. You had better stay away from alcohol in any form if it tends to make you sad.

If you have a hyperthyroid condition, you have a very small chance of becoming an alcoholic. Physicians and surgeons state that rarely have they seen a hyperthyroid patient who is alcoholic. This has led to certain tests to see if treating alcoholics with thyroid preparations would reduce their appetite for alcohol.

KNOW THE WEATHER

By E. H. Sims

Do the planets and stars tell us anything about the weather? Can a study of the sky at night give us clues as to tomorrow's weather?

As for the average reader, a study of the stars is of no immediate, direct use in forecasting the weather. There are astronomers who dig up clues on future weather trends through astronomy, but no system is as yet proven.

If the stars are especially bright it will probably mean that dust is absent from the sky, and rain might be on the way or has perhaps only recently ended.

The stars are too far away to analyze and the nine planets which we know all circle the sun and are affected by the sun — as is the earth, which is third nearest the sun. Therefore, the sun affects the weather on the planets, but, as far as is known, none of them affect the weather on the other eight.

Exports declined more than imports in September.

OF INTEREST TO HOMEMAKERS

Aspirins are for curing headaches, not for preservin apples.

Miss Janet Cameron, food specialist at VPI, says the question as to whether or not to use aspirins for preserving apples comes up periodically, and the answer is still "no."

Several years ago when the question first came to the attention of the food specialists, the Foods and Nutrition Division of the U. S. Department of Agriculture had this to say:

"The use of aspirin as a substitute for heat treatments in the canning of apples or other fruits is indvisable and cannot be relied on to prevent spoilage or give satisfactory products. Adequate heat treatments are safer and more certain.

"Aspirins do not prevent enzymatic reactions. Apples canned, using aspirin without heat treatment, are likely to become brown and discolored, just as the surface of cut apples becomes brown on exposure to air, and in time the apples get mushy."

Furthermore the indiscriminate and regular use of any drug as a food preservative is frowned upon by bacteriologists, and food conservationists as well as the medical profession.

The recommended method of preserving apples:

Pare and core apples. Cut in slices. Use one of two methods — raw-pack or hot-pack. For the raw-pack method, pack prepared apples raw. Cover slices with hot medium syrup. Process in boiling water bath at 212° In the older hot-pack method, drop prepared apples in water containing 2 tablespoons each of salt and vinegar to prevent darkening. Drain, then boil 5 minutes in thin syrup or water. Pack hot fruit to 1-2 inch of top of jar. Cover with hot syrup or water, leaving 1-2 inch headspace. Process at 212°.

In either method, use glass jars. Processing time for pints is 15 minutes, for quarts 20 minutes.

Homemakers Items

Don't sit in the dark to watch television.

Extension specialists point out that the picture on the screen of the TV set is 10 times brighter than the picture on a movie screen. That is why you don't have to turn the light off to see the picture clearly.

If you watch the picture for some time in a dark room, you likely will find your head aching, your eyes burning, and you won't enjoy the program.

The specialists say to be sure to turn on enough floor and table lamps to get balanced light over the whole room. Opaque lamp shades (those which light through) are best. Not far enough from the spots will not become the lamps so you will reflections on the screen. Placing the lamps so you will tions of direct glare on the screen can spoil the picture.

Balance the lighting. Place lamps 5 feet to the side of the screen. Or you can use a circline lamp attached to the back of the TV set.

You will get less glare if you arrange the lamps so any other lamps point away from the TV set rather than across a corner. Mirrors and corners behind the screen will also help balance the light.

A comfortable distance from the screen is 8 to 12 feet. It will rove to other angles without missing any of the program—thus relieving strain on your eyes. When you come to the set you are sure that make up the picture will be extremely interesting.

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...y Kitchens
...kitchen places in the ...kitchen. Is the average ...ly a single ceiling fix- ...ddle of the room. ...ation of the light ...s through a win- ...that single fixture is supposed to supply all the light in a room where some of the most important work of the household is performed.

What happens when the lady of the house tries to work by the light of a single ceiling fixture? The very least that can happen is that she is working in her own shadow.

No matter where she works, at the sink, the range, the counters, the source of light in the room is behind her, throwing her shadow directly on what she is trying to see.

Some of the other inconveniences of a kitchen with a lone light source in the middle of the ceiling are that the home-maker cannot see to cook her food, it is difficult to tell if fruits and vegetables are cleaned properly, and ordinary tasks become harder to accomplish.

Worst of all are the wear and tear on the lady's nerve. It is safe to assume that many a husband has been greeted by a groan instead of a grin when he arrived home after a day at the office, for no other reason than that the lady has been worn out by trying to see what she was doing.

Kitchen Lighting

What are the basic requirements for good kitchen lighting?

For general illumination to eliminate the dark spots in corners and maintain a smooth wash of light throughout the room, the old reliable ceiling fixture should stay where it is. It should be checked, of course, to be sure it is giving enough light.

The important function of kitchen lighting is to provide illumination for all the special jobs that are done there and to light all major work surfaces.

Lighting designers recommend a fluorescent fixture over the stove, the sink, and over each work counter.

They caution that tubes should be shielded so that their light is concentrated on the work, not in the worker's eyes. This can be done easily by mounting tubes under kitchen wall cabinets and behind valances or wall brackets.

The lighting authorities suggest one twenty-four inch 20-watt fluorescent tube for each three or four feet of counter space. They should be mounted fifty to fifty-eight inches above the floor. The bottoms of wall cabinets are just about that height.

For the ceiling fixture, either fluorescent or incandescent can be used.

If a fluorescent fixture is chosen, it should contain either two forty-eight inch, 40-watt tubes, two thirty-three inch, 25-watt tubes, or four twenty-four, 20-watt tubes. In all cases, the tubes should be deluxe warm-white to provide a cheery atmosphere in the room.

For incandescent lighting, the ceiling fixture should contain either one 150-watt bulb, two 75-watt bulbs, or three 60-watt bulbs of the inside frosted variety.

With this lighting plan, the kitchen can be transformed from a lighted cave to a pleasant place where routine tasks of the day can be carried out in comfort.

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Stonewall

Stonewall, Nov. 25.- We want to congratulate our good Editor and his fine wife on their 25th wedding anniversary on yesterday. I hope they will live together many, many more happy days to come.

Mr. and Mrs. Herbert Matthews, III, of Orange, spent the week-end with her father, Mr. J. O. Davidson and other home folks.

Mr. and Mrs. Tommie Ray Burnette and son, Tim spent last week end with Mr. and Mrs. Kemp Nixon, of North Carolina.

Mr. and Mrs. Parks Jennings and Mr. and Mrs. Monroe Dynse spent the week-end with Mr. and Mrs. Tom Christian, at Covington.

We want to congratulate Mr. and Mrs. W. E. Bondurant, Jr., on the birth of a son, born last Tuesday. Mrs. Bondurant and son returned home yesterday. Both are doing fine.

Little Brad Wheeler, of Lynchburg is spending some time with his grandparents, Mr. and Mrs. Irby Wheeler.

Mr. Marshall Stratton had the good fortune to kill a deer last week while out hunting with the gang. First he ever killed, but I hope it won't be the last one.

Mr. and Mrs. Howlette Drinkard, Jr., of Lynchburg, spent the week-end with his parents, Mr. and Mrs. H. F. Drinkard, Sr.

Sorry to hear that Mrs. S. L. Scruggs is not so well at this writing. Hope she will soon be feeling better.

Mrs. Lyle Caldwell has been moved to Memorial Hospital, Lynchburg from a Richmond hospital. We trust the change will help her and she will soon be feeling better.

TRAFFIC SIGNALS MIXED

Rochester, N. Y.- When a mason, helping to remodel the office of a traffic - control director moved a switch to make his work easier, he unwittingly set 43 traffic signals haywire. Signals flashed crazily for more than fifteen minutes, giving motorists stops and go's almost simultaneously.

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